



2022-2023

Dubuque
County

Family

Resource Guide

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This guide contains information from companies/organizations that offer family services in the Dubuque County area. Inclusion does not indicate endorsement of any listing. The Kids Expo Team and sponsors cannot be responsible for errors/omissions of any kind. Submit changes or new listings to dcearlychild@gmail.com. To request this guide, contact Dubuque County Early Childhood at (563) 588-1620.

Arts • Before-/After-School Programs

ARTS

Academy of Ballet/Dubuque City Youth Ballet (DCYB) 583-2047
2085 Mullin Rd., Dbq 52001
www.balletdubuque.com
E-mail: marina@balletdubuque.com
• Classical ballet training for ages 6-adult with beginner through advanced classes.

Creative Adventure Lab 607-5366
210 Jones St., Dbq 52001
www.creativeadventurelab.org
• Fun, skill-building activities for the whole family, all designed to spark creative thinking. Visit to design, build, climb, paint, and explore.

Dubuque Museum of Art.....557-1851
701 Locust St., Dbq 52001
www.dbqart.org
• Offers traveling art exhibitions and art classes for adults and children.

Hobby Lobby Creative Center .557-0680
3925 Dodge St., Dbq 52003
• Hours: 9 a.m.-8 p.m.; closed Sundays.

Michaels Arts & Crafts..... 584-0339
2455 NW Arterial, Dbq 52002
www.michaels.com

BEFORE-/AFTER- SCHOOL PROGRAMS

Before & After-School Care.....556-3371
• Offered by Dubuque Community YMCA/ YWCA at various locations.

Before- and After-School Programs At St. Mark Youth Enrichment. 582-6211
1201 Locust St., Dbq 52001
www.stmarkyouthenrichment.org
• Located at various elementary schools on Monday to Friday on regularly scheduled school days with homework help, instruction, snacks, and more.

Leadership Enrichment After-School Program (LEAP) 552-3130
www.dbqschools.org/district/programs/ leadership-enrichment-school-programs-leap

Bereavement/Grief • Birthday Parties • Camps • Child Care

BEREAVEMENT/GRIEF

Angel Wings Support Group... 590-3681

At Resources Unite, 1900 JFK Rd., Dbq 52002

- Support group for the loss of a child; spend time with others experiencing a similar loss. Meets on 1st Wednesday of every month from 7-9 p.m.

Compassionate Friends Support

Group..... 590-2292

At Mercy Medical Center, Conf. Rm 1B

250 Mercy Dr., Dbq 52001

- Support group for parents who have lost children. Meets on 4th Tuesday of every month from 7-8:30 p.m.

Leonard Funeral Home & Crematory

.....556-6788

2595 Rockdale Rd., Dbq 52003

Mount Olivet Cemetery 582-7059

10566 Military Rd., Dbq 52003

Safe Passage Singers 515-451-2291

E-mail: rtsboeke@gmail.com

- A group who sing songs of comfort/healing for those experiencing birth, death, illness, joy, grief, or transition. Will sing for 15-20 minutes locally at no charge.

BIRTHDAY PARTIES

Happy Joe's 556-0820

855 Century Dr., Dbq 52002

- Dine-in and carry-out pizza plus fun birthday party packages for all ages with free sundae.

McDonald's PlayPlace 583-8286

2250 Flint Hill Dr., Dbq 52003

RMB MAGIC 556-8584

Bob Beardsley

- Stand-up and walk-around magic/balloon animals for parties and special occasions.

CAMPS

Boy Scouts Camp 556-4343

10601 Military Rd., Dbq 52003

www.scoutsiowa.org

Camp Albrecht Acres 552-1771

14837 Sherrill Rd., Sherrill 52073

www.albrechtacres.org

E-mail: info@albrechtacres.org

- Weekly summer camps for individuals with special needs and winter respite weekends.

Capri College 588-2379

Capri Camp for Kids

395 Main St., Dbq 52001

Dubuque Community YMCA/YWCA

Camps 556-3371

35 N. Booth St., Dbq 52001

www.dubuquey.org

E-mail: info@dubuquey.org

Dubuque Humane Society Kids 'N

Critters Camp 582-6766

4242 Chavenelle Rd., Dbq 52002

www.dbqhumane.org

- Camps offered to kids in 2nd to 6th grades during the summer.

Girl Scouts Camps..... 583-9169

2644 Pennsylvania Ave., Dbq 52001

Loras College All-Sports Camps.....

.....588-7053

1450 Alta Vista St., Dbq 52001

www.lorasallsportscamps.com

- Instruction in 3 different sports with sessions in June and July for girls and boys ages 7-14.

NICC Kids on Campus. 557-8271, ext. 380

844-642-2338 ext. 1399

8342 NICC Dr., Peosta 52068

Email: walsh-weitzk@nicc.edu

St. Mark Youth Enrichment Summer

Camps 582-6211

1201 Locust St., Dbq 52001

www.stmarkyouthenrichment.org

- Offered Monday-Friday with a nutritious meal and theme-based instruction, enrichment activities, and fun field trips.

University of Dubuque for Kids . 589-3000

2000 University Ave., Dbq 52001

www.dbq.edu/udforkids

CHILD CARE & PRESCHOOLS

ABC Learning Early Childhood

Center..... 583-6654

15 Nightengale Ln., Dbq 52003

- Provides a safe and nurturing environment, so children can explore new possibilities while acquiring knowledge. Care for children ages 6 weeks-12 years and transportation available to certain schools.

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clarke.edu
563.588.6300

Child Care & Preschools

Aquin's Little Angels Early Childhood and Preschool..... 563-852-7020
411 4th Ave NW, Cascade 52033

Child Care Resource & Referral. 557-1628
Referral Line..... 1-855-CHILD-01
2728 Asbury Rd., Ste 215, Dbq 52001

- Supports quality child care by helping families select providers who meet their needs. Also offers on-site consultation and educational opportunities to preschools, child care centers, and home providers. Preschool scholarship available to families who meet income qualifications.

Cool School 556-3371
35 N. Booth St., Dbq 52001

- Supports licensed child care for children in kindergarten through 5th grade. Offered at Booth St. location for non-school days and summer.

Dubuque Child Care Center.....556-0943
3074 Cedar Crest Ct., Dbq 52003

Dubuque Community School District Preschools 552-5879
www.dbqschools.org/preschool

- 4-year-old voluntary preschool programs free to children who are age 4 by September 15. See web site for list of participating preschools.

Iowa Head Start.....556-5130
Operated by HACAP
220 W 7th St., Dbq 52003

- Head Start provides comprehensive child development to children 3-5 years of age. Teaching staff from our 13 classrooms promote academic, social and emotional development, along with providing social, health, nutrition services and play opportunities in safe settings for a minimum of 24 hours weekly. Head Start is a free preschool program to qualifying families.

Dubuque Community YMCA/YWCA Child Care/Y Creative Learning . 556-3371
35 N. Booth St., Dbq 52001

- Licensed child care for children 3-5 years old, including free 4-year-old preschool. Preschool with wrap-around child care is available.

Early Learners Child Development Centers

610 Duggan Dr., Dbq 52003556-8160

Dubuque Montessori School 556-5101
2605 Pennsylvania Ave., Dbq 52001
www.dubuquemontessori.org

E-mail: office@dubuquemontessori.org

- Offering preschool and kindergarten programs for children ages 2-6. Utilizes the Montessori philosophy to provide enriching developmental experiences where children are free to play and learn at their own pace in areas of practical life, sensorial, math, science, language, geography, culture, art, music, and movement.

Finley/Dubuque Community YMCA/YWCA Child Care Center 589-2640

300 N. Grandview Ave., Dbq 52001

- Licensed child care for children 6 weeks to 4 years. Infant, toddler, and preschool programs with wrap-around child care is available.

Frog Hollow Kids Campus 582-2200
5005 Asbury Rd., Dbq 52002

- A full-day preschool, nurturing and educating children from 6 weeks to 12 years. Quality, child-driven program is directed by experienced and educated teachers equipped with exceptional resources and a constantly evolving program.

Grand View Child Development Center....
.....582-1125
3342 John Wesley Dr., Dbq 52002

- Offers infant care, preschool, and summer elementary programs. Focuses on each child and individual rates of development and diversity of interests.

Hills & Dales Childcare Center .. 583-5033
3505 Stoneman Rd., Dbq 52002
www.hillsdales.org

- Offers child care services for children infant age and up, including before-/after-school care, 2- to 3-year-old preschool, and free 4-year-old preschool program.

Holy Family Catholic Early Childhood Centers 582-1246
2005 Kane St., Dbq 52001
www.holyfamilydbq.org/early-childhood

- Dedicated to children's intellectual/emotional growth in a faith-filled environment. Child care in 5 early childhood centers; preschool for age 3; free 4-year-old preschool; school-age care; and dual-language/Spanish immersion pre-k.

Child Care & Preschools

Holy Ghost Early Childhood Center..... 582-2578
2981 Central Ave., Dbq 52001
• Offering infant to school-age care.

Key West Early Childhood Center..... 583-1881
10244 Key West Dr., Dbq 52003
www.kwecc.com
• Licensed preschool/child care serving ages 2-5 with free 4-year-old preschool and school-age summer camp. Provides developmentally appropriate activities to enhance children's growth, including cognitive, physical, social, and emotional development.

The Kid Project Child Care Center..... 563-875-2080
415 9th Ave. SW, Dyersville 52040

Little Leaps Learning Academy . 588-2800
715 W. Locust, Dbq 52001
• Offers preschool and child care for children ages 0-5 years old and before-/after-school care plus summer camp for kindergarten to 12 years.

Little Leaps Learning Academy Key West563-582-4002
2155 S. Park Ct., Dbq 52003
• Offers preschool and child care for children ages 0-5 years old and before-/after-school care plus summer camp for kindergarten to 12 years.

Little Rascals Preschool & Daycare School 582-2400
1125 Rockdale Rd., Dbq 52003

Little Treasures Preschool and Daycare556-3800
2035 Radford Rd., Dbq 52002

Martia Theisen ChildCare Center587-8830
1584 White St., Dbq 52002
childcare@steeplesquare.com
A safe, beautiful, home-like environment conveniently located in downtown Dubuque.

Mercy Child Development Center...589-9680
250 Mercy Dr., Dbq 52001



563-588-1620
2310 Chaney Rd
Dubuque, IA 52001
www.dcearlychild.org
Find us on Facebook!

**Supporting
local families through:**

- Preschool Scholarships
- Parents as Teachers Program
- Child Care Provider Grants & Trainings
- Child Health Programs
- Kids Expo-Dubuque County

*Help us raise healthy
& successful children*



*Brighter Futures
for us all.*

Child Care & Preschools • Clothing & Household

Mini Masterpieces Preschool..... 543-1106
1205 Cleveland Ave., Dbq 52003

Noah's Ark Child Development Center.....
1755 Delhi St., Dbq 52001.....557-8629

- Offers high quality, educational programs for children ages 12 weeks through 5 years with highly trained and qualified staff who focus on helping children achieve development physically, intellectually, spiritually, and socially using traditional teaching methods and principles.

**Northeast Iowa Community College
Child Development Center** 556-0801
8342 NICC Dr., Peosta 52068

Our Redeemer

Lutheran Preschool..... 588-1247, ext. 110
2145 JFK Rd., Dbq 52002
www.orlpreschool.org

- Offers Christian preschool where children ages 3-5 can grow and learn physically, spiritually, intellectually, emotionally, and socially.

Resurrection Early Childhood Center
.....583-5206
4320 Asbury Rd., Dbq 52002

Romper Stompers Childcare Center.....
.....556-1500
2307 Central Ave., Dbq 52001

School Age Child Care 556-3371
Operated by Dubuque Community YMCA/YWCA
• Licensed child care for children in kindergarten through 5th grade at 9 school sites before and after school.

Our Lady of Guadalupe Early Childhood..
.....556-2820
2005 Kane St., Dbq 52001

St. Columbkille Early Childhood.583-1620
1220 Rush St., Dbq 52003

St. Francis Xavier Early Childhood
.....563-875-7376
613 6th Ave SE, Dyersville 52040

**St. Joseph the Worker Early Childhood
Center**..... 582-1246
2105 St. Joseph St., Dbq 52001

**University of Dubuque Marge Kremer
Child Care Center**585-7461
1001 McCormick St., Dbq 52001

**Western Dubuque Community School
District Preschools**..... 563-744-3885
310 4th St. SW, P.O. Box 68, Farley 52046
www.wdbqschools.org

**Young-Uns Preschool and Child Care
Center**..... 584-0845
3375 Kennedy Circle, Dbq 52002

- Provides developmentally-appropriate child care for infants through school-age children, including free 4-year-old preschool. Ensures a nurturing, relaxed, and safe environment that fosters independence, self-esteem, and needs of the whole child. Is a 5 star on the Quality Rating System.

CLOTHING & HOUSEHOLD ITEMS

Coats for Kids..... 556-5130
220 W. 7th St., Dbq 52001

- Helps kids receive coats for the winter and other times by referral. HACAP collects and distributes coats each fall.

Community Clothes Closet..... 588-1415
680 Main St., Dbq 52001

- Provides gently used interview appropriate clothing. Call for open hours.

**Discovery Shop: American Cancer
Society** 582-9800
2197 University Ave., Dbq 52001

- Offers second-hand clothing and household items at low cost.

Earth Angels 552-1835
1900 JFK Rd., Dbq 52002

- Takes donations of gently used household items to give to those in need.

Mission Thrift Store
398 Main St., Dbq 52001583-3443
998 Central Ave., Dbq 52001587-8164
www.dbqrescue.org

- Resale store offers second-hand clothing, household, and furniture items at low cost.

Open Closet 583-6572
1276 White St., Dbq 52001

www.almosthomedbq.org
• Offered at St. John's Lutheran Church on 1st Saturday & 3rd Thursday of the month. No cost for clothing. Coats for Kids in late October.

Counseling Services/Support Groups

St. Vincent De Paul....584-2225, 584-2226
1351 Iowa St., Dbq 52001
4990 Radford Ct., Dbq 52002
www.svdpusa.org

- Call to obtain name and telephone number of representative who will furnish a voucher for clothing, furnishings, or food. Resale store offers second-hand clothing and household items at low cost.

Goodwill Super Center 557-3158
2121 Holliday Dr., Dbq 52002
• Resale store offers second-hand clothing and household items at low cost.

COUNSELING SERVICES/ SUPPORT GROUPS

Achieving Maximum Potential ... 542-9736
2005 Asbury Rd., Dbq 52001
www.ampiowa.org

Asbury Counseling and Evaluation Services LLC 588-3500
5900 Saratoga Rd., Ste 4A, Dbq 52002
www.asburycounseling.com

Batterer's Education Program ... 557-5199
(BEP) 1-800-485-8151
745 Main St., Dbq 52001
• Program for offenders of domestic violence through agency referral or voluntary attendance.

Birthright 556-1991
National Hotline 1-800-550-4900
221 W. 9th St., Dbq 52001
www.birthright.org/landingpage/lp-dubuque
• Offers support and maternity clothing for expectant mothers and clothing for infants through 1 year. No fee for clothing.

Body and Soul 556-9642
2728 Asbury Rd., Ste 777, Dbq 52001
www.relaxlivewell.com
• Offers counseling, coaching, yoga, spa services.

Children and Adults with Attention Deficit/Hyperactivity Disorder ... 557-7529
3200 Asbury Rd., Dbq 52002
www.chadd.org

New Baby? Rambunctious Toddler? Curious Preschooler?

Stay calm and call Parents as Teachers

By providing hands-on visits and support for you and your family, Parents as Teachers (PAT) helps you meet your full potential as a parent! We provide visits and supports to families in Dubuque County with children prenatal to kindergarten entry (birth–5). Contact us today for more information or to enroll!

(563)557-3100 x 2309 | aburley@fouroaks.org



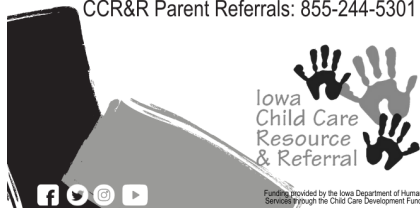
Child Care in Dubuque

- Helping families find quality child care services!
- Helping professionals start their own child care business!

Quality Child Care Matters!

CCR&R Dubuque: 563-557-1628

CCR&R Parent Referrals: 855-244-5301



Counseling Services/Support Groups

Catholic Charities 588-0558
 1-800-772-2758
 1229 Mt. Loretta Ave., Dbq 52003
www.catholiccharitiesdubuque.org
 • Provides counseling on sliding-fee scale to individuals, couples, families, and children from school age to adolescence. Most insurance accepted. Addresses parenting issues, parent/child relationships, self-esteem, grief/loss, and marital/couple relationship issues.

**Cedar Valley Friends of the Family
 24-Hour Crisis Line** 1-800-410-7233
www.cvfriendsofthefamily.org
 • Offers emergency shelter; rapid rehousing; homeless prevention.

Child Health Specialty Clinic 556-3700
Community Circle of Care 556-3700
Pediatric Integrated Health 583-5545
 799 Main St., Ste 230, Dbq 52001
www.chsciowa.org
 • Serves children with special health care needs (birth to age 22), including serious emotional and behavioral challenges. Helps families find local services; access care coordination; and attend support groups. Sliding-fee scale for clinic services; no charge for non-clinic services.

Compass Counseling 564-4114
 1545 Associates Dr., Ste 105, Dbq 52001
www.compasscounselingdbq.com

Cornerstone at Four Oaks 557-3100
 2460 Kerper Blvd., Dbq 52001
 • Provides career and educational opportunities to help move families to self-sufficiency, achieving goals through home visits and peer support groups. To qualify, head of household must be receiving Family Investment Partnership benefits. Services are free and confidential.

**Crisis Recovery Team through
 Iowa Help Line** 1-855-800-1239
www.foundation2.org

Crossroads Counseling Center . 556-0699
 300 Main St., Ste 230 Dbq 52001
www.crossroadsdbq.com
 • Offers a wide range of high-quality mental health services to children, teens, adults, and families.

Department of Human Services 557-8251
 799 Main St., Nesler Center, Dbq 52001
www.dhs.iowa.gov
 • Provides case management for mental illness; home- and community-based services for those with mental illness; and services to families in need and children in foster care.

**Dubuque County Mental Health and
 Disability Services** 589-7870
 720 Central Ave., Dbq 52001
 • Provides help for those in east central region who are interested in accessing mental health and developmental disability services.

**Dubuque Dispute Resolution
 Center (DDRC)** 589-4395
 1300 Main St., Dbq 52001

Dubuque Neurology 583-1558
 2140 JFK Rd., Ste C, Dbq 52001
 • Offers assessments/services for children, teens.

**Families First Counseling
 Services of Iowa** 1-888-316-3025
 419 N. Grandview Ave., Ste 5, Dbq 52001
www.families-first.net
 • Offers remedial services, safety and permanency services; child mental health waiver; public health assessments; community treatment services; behavioral health integrated services; therapy services for all ages.

Families Anonymous 556-4975
www.FamiliesAnonymous.org
 • A self-help support group for families/friends who are affected by substance abuse or behavioral problems of a loved one.

Filitti Counseling Services 223-8566
Jon Filitti
 2728 Asbury Rd., Ste 950, Dbq 52001
 • Offers counseling for families and individuals.

**Helping Services for
 Northeast Iowa, Inc.** 582-5317
 2728 Asbury Rd., Ste 510, Dbq 52001
www.helpingservices.org
 • Supports and promotes the health of children and adults by providing programs/resources to help eliminate substance use/abuse for youth and adults plus parenting skills training with emphasis on families of children ages 9-14.

Counseling Services/Support Groups

Homb Therapy, LLC580-1990

Julie C. Homb, LMHC, CVSP

3388 Kennedy Circle, Dbq 52002

- Counseling services to children, teens, adults, and couples, specializing in developmental trauma and victimization. Accepts most insurance and Crime Victim Compensation.

Hillcrest Community Health Services

Downtown 583-6431

Asbury Road..... 583-7357

220 W. 7th St., Dbq 52001

2005 Asbury Rd., Dbq 52001

www.hillcrest-fs.org

- Offers residential treatment for behavior disorder and mental illness; family/marriage counseling; youth mentoring; Woman, Infants, and Children (WIC); day treatment and independent living sites for adults with mental illness; homeless outreach; mental health counseling; sexual abuse treatment groups for children and adolescents; health care and education for reproductive system; adoption services. Sliding-fee scale; accepts Title 19 and some insurance. No one denied services for financial reasons.

J4BG..... 447-7344

1420 Central Ave., Dbq 52001

- Mentors and coaches to help youth.

Iowa Helpline1-855-800-1239

Iowa Legal Aid 588-4653

.....1-800-942-4619

799 Main St., Ste 280, Dbq 52001

www.iowalegalaid.org

- Free legal services for low-income individuals on civil matters, including family violence, housing, income, health, education, consumer.

JDR Counseling Services, LLC...519-8288

Joel Reicks, LMHC

3388 Kennedy Circle, Ste 1, Dbq 52002

www.jdr-counselingservices.com

E-mail: joelreicks@jdr-counselingservices.com

- Serves children, teens, and adults with a focus on individual and family mental health to create positive connections. Offers Monday-Friday, day, and nighttime hours.

Life Connections.....265-8694

1766 Central Ave., Dbq 52001

www.life-connections.org

- Counseling services open to the public including individual, family, and couple therapy. Free counseling services for Title 19/Medicaid. Also accepts insurance and hawk-i.



**Is your child struggling?
LSI can help!**

Consider Behavioral Health

Intervention Services (BHIS) and Therapy

You want the best for your child and so do we.

Call **888.457.4692** to learn more about BHIS and Therapy. Schedule an assessment today!

Are you seeking services for a loved one with a disability?

We empower people with disabilities and mental illness to reach their full potential.

Call **563.582.0044** today!

LSI provides hourly SCL and respite options.
We service clients funded by the CMH, ID, BI,
and Habilitation waivers.

Counseling Services/Support Groups

Lutheran Services in Iowa (LSI) .582-0044
2255 JFK Rd. (Asbury Sq.), Dbq 52002
www.lsiowa.org

- Services include counseling for children, adults, families; social, emotional, and behavioral issues; life skills building for people with disabilities; respite care for family caregivers; adoption and foster care; case management for children with severe emotional disturbance; assistance for those who don't qualify for traditional services. Insurance accepted including Medicaid, TRICARE, Blue Cross/Blue Shield, UnitedHealthcare, and others. Call 1-888-457-4692 to set up an assessment.

Medical Associates Psychiatry..584-3500
200 Mercy Dr., Dbq 52001
www.mahealthcare.com

- Offers services for children, teens, and families.

Mental Health of America Dubuque County..... 584-0730
P.O. Box 283, Dbq 52004
www.mhadbq.org

- Provides education, advocacy, networking, and legislative action on mental health issues.

Mercy Medical Center
Mental Health Crisis Line..... 589-8280
Substance Abuse Center..... 589-8291
Psychiatric Services..... 589-9299
250 Mercy Dr., Dbq 52001
www.mercydubuque.com

Mothers of Preschoolers (MOPS).....
.....556-7724
11893 JFK Rd., Dbq 52001
www.ehope.org/MOPS,
E-mail: MOPS@ehope.org
• A moms' group for mothers of children ages birth to kindergarten. Support and education offered that is relevant to this season of life.

National Alliance on Mental Illness (NAMI)..... 557-6264
900 Jackson St., Ste LL5-2B, Dbq 52001
• A support service for people with mental illness, including their family and friends.

National Suicide Hotline 988

New Directions 319-232-2086
1310 Solar Dr., Waterloo 50701
• Behavioral health intervention for children ages 5-17 with skill-based services in homes. Offers couples/individual counseling, STEPS program, training for parent-child interaction therapy.

Pathway of Hope at Salvation Army.....
.....556-1573
1099 Iowa St., Dbq 52001
E-mail: cindy.kohlmann@USC.salvationarmy.org
• Works with disadvantaged families giving them tools to grow increased stability and self-sufficiency. Helps break cycle of crisis and enable a path out of intergenerational poverty.

Pediatric Psychology at Medical Associates 584-3441
1000 Langworthy St., Dbq 52001
www.mahealthcare.com
• Offers child and family counseling, therapy, and intervention plus consultation and training.

Reynolds Counseling 284-7613
Amanda Reynolds
820 Locust St., Dbq 52001
• Offers counseling for children, teens, adults.

Riverview Center, Inc. 557-0310
Sexual Abuse Hotline..... 1-888-577-0310
2600 Dodge St., Ste D4, Dbq 52003
www.riverviewcenter.org
• Offers sexual assault, prevention, intervention, and support for children, women, and men; free and confidential 24-hour crisis intervention; legal and medical advocacy; short- and long-term therapy for victims and significant others.

Routley Center for Solution-Focused Counseling, PC..... 588-4476
988 W. 3rd St., Ste 108, Dbq 52001
www.routleycenter.net

Substance Abuse Service Center..... 582-3784
799 Main St., Ste 110, Dbq 52001
www.sasc-dbg.org
E-mail: info@sasc-dbg.org
• Provides assessment and counseling services for teens, adults, and families experiencing problems related to alcohol, drugs, and gambling. Sliding-fee scale, Medicaid, and most health insurances accepted.

Cultural Opportunities • Dental Services

3 Willows Wellness Center..... 556-5000

2223 Key Way Dr., Suite A, Dbq 52001

www.3willowswellness.com

- Offers counseling for children, teens, adults, and families for anxiety, stress, depression, grief, and substance abuse. Services include clinical hypnotherapy, play therapy, cognitive therapy, and wellness coaching.

UnityPoint Health/Finley Hospital

Intensive Outpatient Program.... 589-2309

350 Grandview Dr., Ste 4222, Dbq 52001

www.unitypoint.org/Dubuque

Waypoint Domestic Violence

Services 319-363-2093

24-Hour Crisis Line..... 1-800-208-0388

318 5th St. SE, Cedar Rapids 52401

www.waypointservices.org

- Provides domestic violence victims with emotional support, referrals, advocacy, and groups.

CULTURAL OPPORTUNITIES

City Life..... 589-4180

1300 Main St., Dbq 52001

www.cityofdubuque.org/citylife

- Helps community learn about city services.

Mathias Ham House 557-9545

2241 Lincoln Ave., Dbq 52001

www.rivermuseum.com/hamsite

- National Register of Historic Sites built in 1856 with tours offered from May through October.

Multi-Cultural Family Center..... 582-3681

1157 Central Ave., Dbq 52001

www.mfcdqbq.org

- Offers cooking and reading nights; children and teen programs; field trips; Alcoholics Anonymous; language and computer classes; mentoring; tutoring; and cultural celebrations.

DENTAL SERVICES

Dental Services at Crescent Community Health Center.....690-2852

1690 Elm St., Ste 300, Dbq 52001

www.crescentchc.org

- Offers oral health services provided by a dentist and a dental hygienist; preventive and restorative dental services; translation services.

Dental Services at Visiting Nurse

Association (VNA) 556-6200

1-800-862-6133

660 Iowa St., Dbq 52001

www.unitypoint.org/dubuque/services-vna.aspx

- Offers age-specific oral health education and screenings; dental care coordination; assistance in accessing professional dental care; and possible assistance for dental care if income eligible and funds are available.

Dubuque Pediatric Dentistry 556-6383

1645 JFK Rd., Dbq 52002

www.dbqkidsdentist.com

- Specialist in pediatric dentistry for infants, children, teens, and special needs.

Epworth Family Dentistry ... 563-876-3396

255 Bierman Rd., Epworth 52045

www.epworthfamilydentistry.com

Exceptional Dentistry..... 556-2711

4200 Asbury Rd., Dbq 52002

www.triexceptional.com



SAVING IS FUN!

If you're 12 years old or under, be a Savasaurus!

Simply save money for something special and you'll earn points for cool prizes.

Learn more at DuTrac.org.



DuTrac
Community Credit Union

It's all possible with DuTrac!



Dental Services • Educational Opportunities

Kramer Family Dental 556-3468
968 W. 3rd St., Dbq 52001
www.kramerfamilydental.com

Midwest Dental Center 588-2585
2055 Holliday Dr., Dbq 52002
www.midwestdental.com

Peckosh Pediatric Dentistry 582-1478
3455 Stoneman Rd., Ste 2B, Dbq 52002

Schultz Family Dentistry 582-5000
3422 Asbury Rd., Dbq 52001

Riverview Family Dentistry 583-3788
3480 Hillcrest Rd., Dbq 52001

**University of Iowa Dental
Clinic** 319-335-7499
801 Newton Rd., Iowa City, 52246
• Services provided at the Iowa City clinic with
reduced fees. Call for an appointment.

Archdiocese of Dubuque Center 556-2580
1229 Mt. Loretta Ave., Dbq 52003
www.dbqarch.org
• Provides professional, spiritual, and
consultative services plus coordinates adult
faith programs for persons with disabilities.

Boy Scouts of America 556-4343
10601 Military Rd., Dbq 52003
www.scoutsiowa.org
• Provides young men and women, ages 5-20,
with an exciting year-round program designed
to build desirable qualities of character,
citizenship, and fitness. Financial aid available
based on need.

**Dubuque Community School
District** 552-3000
2300 Chaney Rd., Dbq 52001
www.dbqschools.org
• Strives to prepare world-class learners and
citizens of character in a safe and inclusive
learning community.

St. Mark Youth Enrichment 582-6211
1201 Locust St., Dbq 52001
www.stmarkyouthenrichment.org
• Registration held in fall and spring.

EDUCATIONAL OPPORTUNITIES

 **UNIFIED Therapy Services**
Dubuque, IA & Lancaster, WI

**IS YOUR CHILD
MEETING
MILESTONES?**

**CALL TODAY TO SCHEDULE A
FREE DEVELOPMENTAL SCREEN!**

If you're having concerns or just want to check your child's
development, our therapists will assess fine and gross motor skills,
sensory responses, speech patterns and behavior tendencies to see
if therapy is recommended or if they are developing at a typical pace.
Screens do not require a doctor referral.

WWW.UNIFIEDTHERAPY.COM | 563-583-4003

Educational Opportunities

Four Oaks/Parents as Teachers 557-3100

2460 Kerper Blvd., Dbq 52001

- Free family education and support program that provides information to families on child development for children ages prenatal to kindergarten. Families receive 2 home visits monthly with learning activities; developmental screenings; early intervention; and groups to share successes and concerns with other parents.

Girl Scouts of Eastern Iowa and Western Illinois 583-9169

21700 Girl Scout Rd., Epworth, 52045

www.gseiwi.org

- Provides young girls with year-round programs and activities. Financial aid available.

Holy Family Catholic Schools 582-5456

2005 Kane St., Dbq 52001

www.holyfamilydbq.org

- Tri-state area's only full Catholic school system, offering progressive programs from preschool to 12th grade at area sites. Nurtures the gifts of each child, fostering peace, justice, and service in the name of Jesus Christ. Innovative programs and technology usage engage students with varying interests and learning levels, personalizing growth and achievement.

Inclusive Dubuque 588-2700

700 Locust St., Dbq 52001

www.inclusivedbq.org

- Gathers a network of partners working on advancing equity in the community.

Iowa State University (ISU) Dubuque County Extension Office 583-6496

14858 W. Ridge Ln., Ste 2, Dbq 52003

www.extension.iastate.edu/dubuque

- Serves children, youth, and families with educational programs and services, like 4-H, to help to meet the challenges of a changing world.

Mentor Dubuque at Hillcrest

Family Services 583-7357

2005 Asbury Rd., Dbq 52001

www.hillcrest-fs.org

- Caring volunteers are matched with youth ages 5-15 and meet weekly or twice a month. Volunteers make a one-year commitment and maintain a consistent one-to-one relationship.

Keystone AEA 556-3310

Educational Support 1-800-632-5918

2310 Chaney Rd., Dbq 52001

www.aea1.k12.ia.us

- Provides school improvement; student learning; school-community planning; educational/instructional materials; professional development; and services for children with special needs. Free screenings for children ages birth-3 to identify special needs and offers free speech-language therapy; occupational/physical therapy; social work; school psychology; special education nursing; audiology and hearing; early childhood special education; vision; transition from school to adult life; and parent assistance.

The National Education Center for Agricultural Safety (NECAS) 557-0354

888-844-6322

"Progressive Agricultural Safety Days"

8342 NICC Dr., Peosta 52068

safetyday@nlcc.edu

- Dedicated to preventing illnesses, injuries, deaths among farmers/ranchers, agricultural/horticultural workers, including families and employees.

NICC Dubuque Center 844-642-2338

ext, 3700 700 Main St., Dbq 52001

www.nicc.edu

- Provides English-language classes for non-native speakers; basic instruction in reading, writing, and math; dyslexia tutoring services; and HSED Preparation and Testing (formerly the GED).

Presentation Lantern Center 557-7134

900 Jackson St., Ste LL5-1, Dbq 52001

www.theLanternCenter.org

- Drop-in and welcoming center for adult internationals that offer: hospitality, English language education, resources, citizenship test preparation, and advocacy, especially to women.

Two by Two Character Building 513-0059

470 W. 4th St., Dbq 52001

www.twobytwoeducation.org

E-mail: info@twobytwoeducation.org

- Program supports development of responsible citizens with strong character who care for, respect, and appreciate people, animals, and the environment.

Emergency Information • Financial Assistance

Western Dubuque County School District
563-744-3885
 310 4th St. SW, P.O. Box 68, Farley 52046
www.wdbqschools.org

EMERGENCY INFORMATION

American Red Cross of the Tri-States.....
800-733-2767
 2400 Asbury Rd., Dbq 52001
www.redcross.org/ia/dubuque
 • Provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies. Offers CPR and water safety training. For children, offers first-aid program, basic aid training, and babysitter's training.

**Child Abuse and Neglect Reporting
 24-Hour Reporting Line** ...1-800-362-2178
 General Office 557-8251

**National Domestic Violence 24-Hour
 Hotline**.....1-800-799-7233

**Dubuque Community YMCA/YWCA
 Victim Services Shelter**..... 556-1100
 • Provides emergency shelter to victims of violence and their children in Dubuque County. Services are free and confidential.

Dubuque County Sheriff's Department....
589-4406
 770 Iowa St., Dbq 52001
www.dbqcsheriff.com

**Dubuque Fire Department
 Fire Prevention Office and
 Dubuque Fire Marshal**..... 589-4160
 11 W. 9th St., Dbq 52001
www.cityofdubuque.org/fire

**Dubuque Police Department
 General Information** 589-4410
Non-Emergency Dispatch 589-4415
 770 Iowa St., Dbq 52001
www.cityofdubuque.org/police

Emergency 9-1-1
Homeless Hotline 24/7 2-1-1
 1-866-469-2211
Information & Referral..... 2-1-1
 1-866-469-2211
 • Offers easy way to call and access local information and resources. Available for all ages and income.

Hillcrest Homeless Hotline
855-800-1239

FINANCIAL ASSISTANCE

**Apples for Students Program at
 St. Mark Youth Enrichment**..... 582-6211
 1201 Locust St., Dbq 52001
www.stmarkyouthenrichment.org
 • Offers basic school supplies to students in need. Available to children grades K-5 in local public and parochial schools. Register through school counselors or principals by end of the previous school year or through a service agency.

**Area Residential Care (ARC) of Dubuque
 Area**..... 556-7560
 3355 Kennedy Circle, Dbq 52002
www.arearesidentialcare.org
 E-mail: info@arearesidentialcare.org
 • Advocates for persons with intellectual disabilities. Provides financial aid for those in need.

ARK Advocates 556-1785
 900 Jackson St., Ste LG-1, Dbq 52001
www.arkadvocates.org
 • Advocates for and offers financial assistance to those with intellectual disabilities; holds fundraisers; has volunteer opportunities.

**Consumer Credit Counseling Service
 of Northeastern Iowa** 800-714-4388
<http://www.cccsofiowa.org>

Department of Human Services..557-8251
 799 Main St., Nesler Center, Dbq 52001
www.dhs.iowa.gov
 • Access to general relief for emergency financial services and applications for Family Investment Partnership; Aid to Dependent Children; Food Stamps; Title 19; and child care assistance.

**Dubuque County Commission on
 Veteran Affairs and General Assistance
 for Veterans** 589-7840
 36 E. 8th St., Dbq 52001
www.dubuquecounty.org/veterans-affairs
 • Assists veterans and veteran families with rent, utilities, medical, burial, and special needs. Files disability and pension claims. Eligibility based on requirements.

Financial Assistance

Dubuque County

General Relief 589-7840
36 E. 8th St., Dbq 52001

HACAP (Hawkeye Area Community Action Plan) 556-5130

220 W. 7th St., Dbq 52001

www.hacap.org

- Provides services and resources to families and people living in poverty, including Head Start, outreach, energy assistance, and emergency assistance.

PATH at Hillcrest Family Services 588-0605

2005 Asbury Rd., Dbq 52001

- Provides services for homeless persons with a mental illness, including outreach, case management, support services (transportation, food, blankets, housing search assistance), and financial assistance for security deposits.

People in Need 581-7995

2155 University Ave., Dbq 52001

www.dacuonline.org

- Assists those temporarily in need by offering limited help through payments to creditors and for other basic needs.

Social Security

Administration 1-877-405-3650
1635 Associates Dr., Ste 101, Dbq 52002
www.socialsecurity.gov

- Supplemental Security Income (SSI) program provides financial support to disabled adults and children who have limited income and resources. Call for appointment or complete online application at web site.

Society for Special Needs 556-6200

Referrals made through Visiting Nurse Association.

- Provides medical assistance for a variety of services, including health care equipment, devices, and supplies.

United Way Services 588-1415

215 W. 6th St., Dbq 52001

www.dbqunitedway.org

- Offers referrals and information regarding a wide variety of community resources, including child care, medical care, financial assistance, supplemental food programs, and more.

UnityPoint Health – Dubuque Visiting Nurse Association



1st Five helps children, 0-5, by helping families connect to resources for physical development, social emotional development, autism, family stressors, and more! For more information call 563-556-6200.



Is Your Home Lead-Safe?

HEALTHY HOMES PROGRAM

Up to \$25,000 to make your home lead-safe and address other hazards. Must income-qualify.

If you have a child under 6 and your house was built before 1978, call City of Dubuque Housing: 563-589-1724.

www.cityofdubuque.org/healthyhomes

Food Programs

FOOD PROGRAMS

Child and Adult Food Care Program

750 5th St. NW, Dyersville 52040

- A nutrition education and reimbursement program for registered home providers of child care. Helps children receive nutritious meals.

Dubuque Area Labor Harvest 583-3933

- Food given away 8-10 times per year and breakfast served on Saturdays when food is not given out. Check local newspaper for listings.

Dubuque County Veteran Affairs.....

36 E. 8th St., Dbq 52001

www.dubuquecounty.org

- Provides food vouchers to veterans or spouses of a veteran who qualify. Also makes available a food pantry.

Dubuque Food Pantry 583-4440

1598 Jackson St., Dbq 52001

- Free groceries, meats, and paper products. Can be used once every 2 months, except in emergency circumstances. Referral from a social service agency or church is required.

Emergency Food Pantry at Resources Unite..... 231-6280

1900 JFK Rd., Dbq 52001

Food Pantry at Multi-Cultural Family Center..... 582-3681

1157 Central Ave., Dbq 52001

Food Stamps..... 557-8251

Department of Human Services (DHS)

799 Main St., Nesler Center, Dbq 52001

www.dhs.iowa.gov

- Application for food stamps. Applicants need proof of social security number and identification. Can receive every four months.

Hope House Catholic Worker..... 582-9079

1592 Locust St., Dbq 52001

- Provides food pantry.



Cub Scouts are
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FOR**

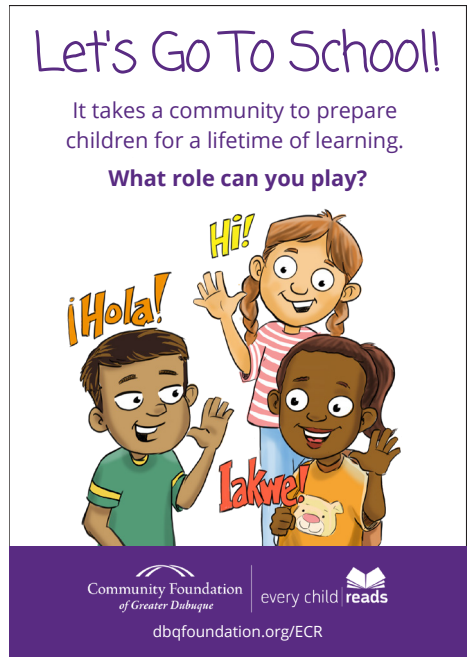
living on your own in 2035.

learn more at



www.beascout.org

climbing the corporate ladder to CEO.



Let's Go To School!

It takes a community to prepare children for a lifetime of learning.

What role can you play?

Community Foundation of Greater Dubuque | every child reads

dbqfoundation.org/ECR

Free/Reduced Price Meals • Health Care/Safety Programs

New Life Food Pantry 556-5090
835 S. Grandview Heights, Dbq 52003

Salvation Army 556-1573
1099 Iowa St., Dbq 52001

- Provides food to families with limited income. If on FIP/Food Stamps, clients will need a referral from Department of Human Services.

St. Vincent De Paul Vouchers 582-3733
4990 Radford Ct., Dbq 52002
1351 Iowa St., Dbq 52001

- Provides food vouchers with a referral from a church, pastor, or social service agency.

Women, Infants, and Children

(WIC) 557-4444
220 W. 7th St., Dbq 52001

- Provides information and food vouchers to pregnant women, breast-feeding mothers, and mothers who have had a baby in the last 6 months. Also provides food vouchers to parents with children up to 5 years of age.

FREE/REDUCED PRICE MEALS

CAFE Meals..... 582-3648
First Congregational United Church of Christ
255 W. 10th St., Dbq 52001

- Open to all ages on Thursday evenings.

Dubuque Area Labor Harvest 582-5947
1610 Garfield Ave., Dbq 52001

- Food giveaway 8-10 times per year and breakfast served on Saturdays when food is not given out. Check local newspaper for listings.

Dubuque Rescue Mission 583-1394
398 Main St., Dbq 52001
www.dbqrescue.org

- Free meal program for all in need. Emergency housing for men.

Hope House 582-9079
1592 Locust St., Dbq 52001

- Meals open to all ages on Sundays and Mondays. Also offers food pantry. No identification required. No appointments necessary.

St. John Episcopal Church 556-0252
1458 Locust St., Dbq 52001

- Offers a free meal every 5th Sunday and mini food pantry open to all ages.

St. Luke Methodist Church 582-4543
1199 Main St., Dbq 52001

- Serving every Saturday even if it falls on a holiday. Open to all ages.

St. Patrick Church-Foley Hall..... 583-9749
1425 Iowa St., Dbq 52001

- All ages. Serving Wednesdays at 5 p.m.

St. Vincent De Paul Vouchers 584-2226
1351 Iowa St., Dbq 52001
4990 Radford Rd., Dbq 52002

- Food pantry, rent and utilities assistance, free clothing, bedding, etc. Provides food vouchers with a referral from a church, pastor, or social service agency.

HEALTH CARE/SAFETY PROGRAMS

Advanced Wellness Center..... 556-6292
2442 Meinen Ct., Dbq 52002
www.advancedwcdby.com

- Serves children, teens, and adults ages 10 years up for acute care, physicals, illness, weight loss.

Asbury Family Chiropractic..... 582-3424
2100 Asbury Rd., Dbq 52001
www.asburyfamilychiropractic.com

- Helps patients regain their health naturally through chiropractic care.

Balanced Integrative Health & Wellness ..
..... 284-2422
4855 Asbury Rd., Ste 7, Dbq 52002

- Works with children and parents with chronic illnesses like ADHD, ADD, autism, etc.

Burger Chiropractic..... 582-1188
1340 Delhi St., Dbq 52001
www.burgerchiropractic.com

Crescent Community Health Center.....
..... 690-2850
1690 Elm St., Ste A, Dbq 52001
www.crescentchc.org

- Offers primary health care services; oral health services; diagnostic laboratory services; preventive health services; patient case management; pharmacy services; preventive and restorative dental services; and translation services.

Health Care/Safety Programs

Cascade Family Health Center..... 563-852-7756
805 Johnson St. SW, Cascade 52033

Children and Adults with Attention Deficit/Hyperactivity Disorder ... 557-7529
3200 Asbury Rd., Dbq 52002
www.chadd.org

Child Health Specialty Clinic 556-3700
Community Circle of Care..... 583-5545
Pediatric Integrated Health..... 583-5545
1789 Elm St., Ste 230, Dbq 52001
www.chsciowa.org

- Serves children with special health care needs (birth to age 22), including serious emotional and behavioral challenges. Helps families find local services; access care coordination; and attend support groups. Sliding-fee scale for clinic services; no charge for non-clinic services.

Child Safety Seat Check Dubuque Police Department 589-4100
770 Iowa St., Dbq 52001
www.cityofdubuque.org/childpassenger
E-mail: police@cityofdubuque.org
• Free child safety seat installation by appointment and educational materials.

City of Dubuque Childhood Lead Poisoning Prevention Program.. 589-4100
50 W. 13th St., Dbq 52001
www.cityofdubuque.org/803/lead-hazard-control
• Offers education and case management of lead poisoned children plus funding and information on safe lead removal from housing units and lead screening.

City of Dubuque Public Health Department 589-4181
1300 Main St., Dbq 52001
www.cityofdubuque.org/health
• Child lead poisoning prevention program, Green and Healthy Homes Program, food inspections, and animal control.

Clarity Clinic 556-5250
3365 Hillcrest Rd., Dbq 52002
www.clarityclinic.com
• Provides pregnancy tests and post-abortion counseling; limited sexually transmitted infection testing; free limited obstetric ultrasound. Services are free and confidential; must meet with counselor before receiving services.

PROGRAMS OFFERED:

- *Raising Highly Capable Kids* a ResilientKidz Curriculum
- *First Steps - Earn While You Learn Program*
- *The Boutique*
- *Men's Advocacy Programs*
- *Education Outreach for 5th - 12th grade*
- *One-on-one Parent Support*
- *Child Support in new KidZone*
- *Group Classes with local Spotlight Speakers*



Website: www.treeoflifeeducationcenter.com

Email: treeoflife@thepregnancycenter.com

Phone: 563-239-9090

Health Care/Safety Programs

Compass to Care 231-0458
900 Jackson St., Ste LL5-2H, Dbq 52001
www.compasstocare.org
• Helps schedule and pay for travel arrangements to hospitals for children treated for cancer.

Department of Human Services
.....557-8251
799 Main St., Nesler Center, Dbq 52001
www.dhs.iowa.gov
• Application for Title 19 and for families with limited income to receive medical care at University of Iowa Hospitals and Clinics.

Dubuque Area Council for the Prevention of Child Abuse 557-3100
• Community coalition does advocacy and awareness projects on child abuse prevention.

Dubuque County Public Health Department/Board of Health 557-7396
13047 City View Dr., Dbq 52002
www.dubuquecounty.org
• Water testing, well permitting, septic permitting, time of transfer, grants to counties, and septic pumper inspections.

Dubuque Noon Lions Club Vision Screenings 556-3742
www.dubuquenoonlions.com
E-mail: grandpah01@aol.com
• Provides eye wear for low-income individuals; free vision screenings for children in child care, preschool, and school; and open screenings.

Dyersville Family Practice... 563-875-2776
1121 3rd St. SW, Dyersville 52040

Epworth Family Chiropractic 563-876-3231
116 W. Main St., Epworth 52045

Family First Chiropractic Wellness Center 556-6921
998 Fremont, Ste L1, Dbq 52003
www.ffwc.com
E-mail: dr.hinderman@gmail.com
• Helping families achieve health and well-being by providing safe, drug-free, natural chiropractic care and wellness education. Family-friendly office with play area and affordable family care plans.

Fuerste Eye Clinic 582-0769
2140 JFK Rd., Ste F, Dbq 52002
www.fuersteclinic.com

Fullness of Life Chiropractic 583-2095
150 JFK Rd., Ste 10, Dbq 52002

The Gabriel Project 1-800-771-5790
• Helps with crisis pregnancy intervention with many local parishes participating.

Grand River Medical Group 557-9111
Family Practice 583-9300
Pediatrics Clinic 557-3900
1515 Delhi St., Ste 100, Dbq 52001
320 N. Grandview Ave., Dbq 52001
1500 Delhi St., Ste 3500, Dbq 52001
• Offers same-day, Sat., after-hours appointments.

Harmony Factor 556-9642
2728 Asbury Rd., Ste 777, Dbq 52001
• Offers infants to adults gentle, drug-free, non-invasive options to take charge of health and well being using stress management, biofeedback technologies, and education. Private sessions and group workshops available.

Health From Within Chiropractic Wellness Center of Dubuque 556-6252
4855 Asbury Rd., Dbq 52002

hawk-i (Healthy & Well Kids in Iowa)
.....556-6200
Toll Free 1-800-257-8563
www.dhs.iowa.gov/hawk-i
• Offers no-cost or low-cost health insurance for children ages 0-19 with no insurance and are ineligible for Medicaid. Must meet income requirements and be an Iowa resident.

Healthy Living Chiropractic 552-7236
8558 Kapp Dr., Ste B, Peosta 52068
www.healthylivingdubuque.com
• Chiropractic care and health assessments for the whole family and sports rehabilitation.

Hospice of Dubuque 582-1220
1670 JFK Rd., Dbq 52002
• Provides physical and emotional support to terminally ill patients and their families. No one is denied services for financial reasons.

Hy-Vee 583-2199, 583-6148, 583-5204
Three sites in Dbq
• Offers nutrition and fitness programs for families and children.

Health Care/Safety Programs

Hillcrest Community Health Services

Downtown 583-6431
 Asbury Road..... 583-7357
 220 W. 7th St., Dbq 52001
 2005 Asbury Rd., Dbq 52001
www.hillcrest-fs.org

- Offers reproductive health exams; sexually transmitted infection tests; pregnancy tests; birth control; nutrition services for pregnant women and children; counseling, dental hygienist, and nursing education for pregnant women. Also offers stop smoking classes; residential treatment for behavior disorder and mental illness; family and marriage counseling; youth mentoring; Woman, Infants, and Children (WIC); day treatment and independent living for adults with mental illness; homeless outreach; mental health counseling; sexual abuse groups for children and teens; adoption services. Sliding-fee scale; accepts Title 19 and some insurance. No one denied services for financial reasons.

Historic Bluffs Family Practice ...239.1175
 666 Loras Blvd., Dbq 52001

Iowa Safety Identification Program
564-6250
 2511 Windsor Ave., Dbq 52001
 • Provides safety identification materials to participants and families to use in the event a participant becomes missing.

Keystone AEA..... 556-3310
 Special Needs Services 1-800-632-5918
 2310 Chaney Rd., Dbq 52001
www.aea1.k12.ia.us

- Free screenings for children birth-3 years to identify special needs. Services include speech-language therapy; occupational and physical therapy; school psychology; special education nursing; audiology and hearing; early childhood special education; vision; transition from school to adult life; and parent assistance.

Kobusch Chiropractic 588-4730
 4655 Old Highway Rd., Dbq 52002

Medical Associates Clinic..... 584-3000
 East Campus – 1000 Langworthy, Dbq 52001
 West Campus – 1500 Associates Dr., Dbq 52002
www.mahealthcare.com

- Access same-day appointments for sick children and evening/Saturday hours. Access comprehensive well-child services; diabetes program; pediatric dietitian; and vaccines.

Little Bits and Vacuums..... 845-7036
 2600 Dodge St., Plaza 20 C9, Dbq 52003
www.littlebitsandvacuums.com
 • Has autism products (e.g., games, eating accessories) available.



Dubuque Noon Optimist Club

Dubuque Noon Club is one of largest Optimist Clubs in Iowa and growing stronger. Celebrating 70 years!

OPTIMIST—bringing out the best in kids.

Are you interested in support the youth in our community?
 Please visit us on Facebook to learn more about joining club!

PO Box 223 | Dubuque IA 52004 | Facebook/dubuquenooptimist

Health Care/Safety Programs • Housing–Permanent/Rental/Rehab

MercyOne Pharmacy 583-7379
1920 Elm St., Dbq 52001
• Offers health and medication services with locations throughout Dubuque County.

MercyOne Medical Equipment... 589-8118
250 Mercy Dr., Dbq 52001
• Offers in-home health care providers and medical equipment.

Mercy Medical Center Info 589-8000
Emergency 589-9666
250 Mercy Dr., Dbq 52001
www.mercydubuque.com

Mercy Medical Center Dyersville
.....563-875-7101
1111 3rd St. SW, Dyersville 52040
www.mercydubuque.com/dyersville

Merritt Family Chiropractic .563-852-5060
713 1st Ave. W, Cascade 52033

School Resource Officers 589-4100
770 Iowa St., Dbq 52001
www.cityofdubuque.org/police
• Partners with Dubuque Schools to have officers in schools for safety and education of students.

Tri-State Family Practice, LLP ... 557-5900
1500 Delhi St., Dbq 52001

Tri-State Independent Blind Society
.....556-8746
1068 Cedar Cross Rd., Dbq 52003
www.tristateblind.org
• Assists in finding aides and modified equipment; offers counseling on vision loss; teaches skills to maintain independence in living environments, including kitchen and computers.

Tri-State Independent Physicians
.....582-7055
2140 JFK Rd., Ste E, Dbq 52002
www.tristateipa.com

Vaassen Chiropractic 585-2225
3338 Center Grove Dr., Ste. 2, Dbq 52003
www.dbqwellness.com

Unified Therapy Services 583-4003
4121 Pennsylvania Ave., Dbq 52002
www.unifiedtherapy.com
• Pediatric-focused outpatient clinic offering physical, occupational, and speech-language therapy. Therapists believe in a collaborative approach to assist children and young adults achieve functional goals. Treats a variety of diagnoses from developmental delays to serious neurological disorders. Call to set up a free developmental screening.

UnityPoint Health/Finley Hospital Information 582-1881
Emergency 589-2460
350 N. Grandview Ave., Dbq 52001
www.unitypoint.org/dubuque

UnityPoint Health Clinic/Cascade Medical Center 563-852-5050
610 2nd Ave. NE, Cascade 52033
www.unitypoint.org/dubuque

Vision Health Center 556-3937
505 Cedar Cross Rd., Dbq 52003
www.visionhealthcenter.net
• Comprehensive eye care for the entire family, including evaluations for infants on up, urgent care for injury and infection, foreign body removal, and conjunctivitis or pink eye. Large selection of kid's frames and packages.

Visiting Nurse 1-800-862-6133
Association (VNA) 556-6200
660 Iowa St., Dbq 52001
www.unitypoint.org/dubuque/services-vna.aspx
• Help with applications for Medicaid (Title 19) and hawk-i. Assists with accessing medical and dental care plus possible transportation. Offers case management services. Child Care Nurse Consultants provide training for child care providers on health and safety issues.

HOUSING–PERMANENT/RENTAL/REHAB

Ecumenical Towers 556-5125
250 W. 6th St., Dbq 52001
• Offers housing for low-income elderly and disabled adults.

Housing-Permanent/Rental/Rehab • Housing - Temporary

ECIA/Eastern Iowa Regional Housing Authority (EIRHA)..... 556-4166
7600 Commerce Park, Dbq 52002
www.ecia.org
• Programs available for families with limited income to receive assistance outside city limits. Income guidelines for assistance.

Four Mounds Foundation..... 557-7292
4900 Peru Rd., Dbq 52001
www.fourmounds.org
• Housing Education & Rehab Training with Dubuque Schools for entitled students.

Habitat for Humanity..... 556-0057
4949 Chavenelle Rd., Dbq 52002
www.dubuqueresore.org

Hillcrest Apartments..... 556-9430
3290 Hillcrest Rd., Dbq 52001
• Services include affordable housing and income-based rent.

Housing, City of Dubuque..... 589-4230
350 W. 6th, Ste 312, Dbq 52001
• Provides qualified renters with financial assistance and inspectors to perform housing code inspections for assisted housing. Offers financial assistance and housing rehabilitation for first-time home buyers. Other programs include Circles Initiative for persons working to get out of poverty; family self-sufficiency program; lead paint hazard reduction; Healthy Homes Program with assistance for remediation of health and safety issues in low- to moderate-income housing; and low-interest loans to homeowners and rental property.

Kennedy Manor Apartments..... 556-5125
2671 Owen Ct., Dbq 52001
• Subsidized housing for families on limited income.

Manasseh House Apartments..... 557-4450
2080 Elm St., Dbq 52001
• Supportive affordable housing for single men and women. Supportive services include educational support, computer training, life skills classes, access to health care, and information.

Lead & Healthy Homes Program, City of Dubuque..... 589-1724
350 W. 6th St., Ste 312, Dbq 52001
• Offers home improvement services.

Affordable Housing Network Inc (AHNI) ..
.....583-9653
90 Main St., Dbq 52001
• 1, 2, and 3 bedroom apartments for low- to moderate-income families. Convenient neighborhood locations, coin-operated laundry, off-street parking, low deposits, and handicapped accessible units. Section 8 and HUD approved. Supportive housing services provided.

Penn Place Apartments 556-5858
3702 Pennsylvania Ave., Dbq 52002
• Subsidized housing units; application required.

Rehabilitation Department, City of Dubuque..... 589-4239
350 W. 6th St., Ste 312, Dbq 52002
• Subsidized housing units; application required.

Sheridan Village 557-7706
3260 Getty Terrace, Dbq 52001
www.homzmanagement.com
E-mail: sheridanvillage@homzmanagement.com
• Subsidized 2 bedroom family apartments and 3 bedroom townhouses in quiet cul-de-sac location. Income-based rent.

HOUSING-TEMPORARY SHELTERS

Almost Home 583-6572
1276 White St., Dbq 52001
• Helps those in need get back on the path home by offering shelter, services, and support.

Dubuque Community YMCA/YWCA Domestic Violence Shelter..... 556-1100
Toll Free..... 1-800-332-5899
P.O. Box 1301, Dbq 52004
• Emergency shelter for women/children experiencing abuse. Referrals to other resources and free counseling for children and adults.

Dubuque Rescue Mission 583-1394
398 Main St., Dbq 52001
www.dbqrescue.org
• Offers emergency housing for men and free meal program for all in need.

Hope House 582-9079
1592 Locust St., Dbq 52001
• Daytime hospitality and referral assistance to other agencies as needed.

Housing • Libraries

Housing Referrals2-1-1

- Connects people with unmet needs to appropriate resources. Provides assistance to homeless to assure safety, dignity, self-sufficiency.

Maria House 582-6286

1561 Jackson St., Dbq 52001
www.openingdoorsdbq.org

- Offers hospitality to Dubuque area women alone or with children, who are in need of transitional housing and related support services.

Mary's Inn Maternity Home 552-6288

- Offers maternity home dedicated to single pregnant mothers.

Operation Home and PATH Program, Hillcrest Family

Services 583-7357

220 W. 7th St., Dbq 52001
www.hillcrest-fs.org

- Offers assistance to homeless families that are veterans or have substance abuse issues.

Teresa Shelter 690-0086

1111 Bluff St., Dbq 52001
www.openingdoorsdbq.org

- Offers hospitality to area women, alone or with children, in need of emergency housing.

LIBRARIES

Carnegie-Stout Public Library ... 589-4225

360 W. 11th St., Dbq 52001
www.dubuque.lib.ia.us

- Provides resources for enjoyment, enlightenment, and knowledge plus literacy tools for youth. Children's programs and activities are available. Serves Dubuque and surrounding communities with a collection of books, audio, video, and digital materials plus Internet access.

Cascade Public Library 563-852-3222

301 1st Ave. W., Cascade 52033
www.cascade.lib.ia.us

Charles C. Meyers Library 589-3100

2195 Grace St., Dbq 52001

Dubuque County Libraries Asbury Main Branch 582-0008

5290 Grand Meadow Dr., Asbury 52002
www.dubcolib.org

- Serves rural residents and contracting communities in 5 locations. Provides books, computer access terminals. Wi-Fi, magazines, printing and copying, fax, DVDs, online resources and eBooks, and programming for all ages.



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*varies by state

For local support on Maternal Health topics and for a Quitline Referral Call:

Dubuque Visiting Nurse Association
660 Iowa ST, Dubuque IA 52001
563-556-6200



UnityPoint Health
Visiting Nurse Association

Libraries • Music

Epworth Branch.....563-876-3388

Holy Cross Branch563-870-2082

James Kennedy Public Library.....
.....563-875-8912
320 1st Ave. E., Dyersville 52040
www.dyersville.lib.ia.us

Peosta Branch 556-5110, ext. 2224
www.dubcolib.lib.ia.us

- Serves rural residents and contracting communities in 5 locations. Provides books, computer access terminals, Wi-Fi, magazines, printing and copying, fax, DVDs, online resources, eBooks, and programming for all ages.

Nicholas J. Schrup Library 588-6320
1550 Clarke Dr., Dbq 52001
www.clarke.edu/office/library

Wahlert Memorial Library 588-7009
1450 Alta Vista St., Dbq 52001

MUSIC

Alexxus Entertainment..... 590-5815
1611 Amy Ct., Dbq 52002

Colts..... 582-4872
2300 Twin Valley Dr., Dbq 52003
www.colts.org
E-mail: colts@colts.org
• Offers Pandemonium Steel Drum Ensemble for 5th-8th grade students; Dubuque Colts Area Summer Band for students in grades 4-8; Colt Cadets Drum and Bugle Corps, a musical and dance training program for children ages 11-17.

Dubuque Symphony Orchestra . 557-1677
2728 Asbury Rd., Ste 900, Dbq 52001
www.dubuquesymphony.org
• Dubuque's only professional symphony performs classics concerts at the Five Flags Theater, pops concerts, and chamber concerts. Supports Dubuque Youth Ensembles, an instrumental training program for young musicians.

Kephart-West Music 583-7333
3330 Asbury Rd., Dbq 52002

Moondog Music 583-7041
806 Wacker Dr., #120, Dbq 52002

Music Men Barber Shop Chorus 552-7064



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666 Loras Blvd | Dubuque, IA 52001 | www.historicbluffsfc.com

Photography • Schools - Public & Private

Northeast Iowa School of Music 690-0151
2728 Asbury Rd., Ste 200, Dbq 52001
www.nisom.com
E-mail: admin@nisom.com
• Programs for all ages from preschoolers through senior citizens, including private lessons, group classes, and performance ensembles.

Rondinelli Music/Audio 583-8271
3414 Pennsylvania Ave., Dbq 52002

Uncle Ike's Music and Sound 556-6052
4989 Radford Ct., Dbq 52002

PHOTOGRAPHY

Capture the Moment Photography 543-4095
217 1st Ave. E., Dyersville 52040
www.capture-moment.com

Elite Images Photography 583-9369
5025 Wolff Rd., Ste 104, Dbq 52002
www.eliteimages.com

The Joy of Photography 556-1111
www.thejoyofphotography.biz

Studio 506 Photography 599-9761
507 Tahoe Ct., Farley 52046

Nauman Photography 599-1655
561 Obeche Ct., Dbq 52003
www.naumanphoto.com

Reflections Photography 503-5505
2189 Tuscany Ridge Dr., Dbq 52002
www.rbrfoto.com

Siebe Studio 556-6111
4605 Old Hwy Rd., Dbq 52002
www.siebestudio.com

Weber Portrait Design 556-1265
www.weberportraitdesign.com

SCHOOLS—PUBLIC & PRIVATE

Alta Vista Campus 552-5800
1090 Alta Vista St., Dbq 52001

Aquin Catholic Schools 563-852-3331
608 3rd Ave NW Cascade, 52033

Audubon Elementary School 552-3300
605 Lincoln, Dbq 52001

Beckman Catholic High School 563-875-7188
1325 9th St. SE, Dyersville 52040

Bryant Elementary School 552-3400
1280 Rush St., Dbq 52003

Carver Elementary School 552-4500
2007 Radford Rd., Dbq 52002

Cascade Elementary School .. 563-852-3335
110 Harrison St. SE, Cascade 52033

Cascade Junior/Senior High School 563-852-3201
505 Johnson St. NW, Cascade 52033

Drexler Middle School 563-744-3371
405 3rd Ave. NE, Farley 52046

Dubuque Schools—Public 552-3000
Dubuque Community School District
2300 Chaney Rd., Dbq 52001
www.dbqschools.org

Dubuque Senior High School 552-5500
1800 Clarke Dr., Dbq 52001

Dyersville Elementary School 563-875-8484
813 12th Ave. SW, Dyersville 52040

Eisenhower Elementary School .. 552-3500
3170 Spring Valley Rd., Dbq 52001

East Dubuque Elementary School 815-747-3117
100 School Rd., East Dubuque, IL 61025

East Dubuque Junior and Senior High School 815-747-3188
200 Parklane Dr., East Dubuque, IL 61025

Eleanor Roosevelt Middle School 552-5000
2001 Radford Rd., Dbq 52002

Epworth Elementary School 876-5514
201 Jacoby Dr., East, Epworth 52045

Schools • Shopping

Farley Elementary School...563-744-3308
405 3rd Ave. NE, Farley 52046

Fulton Elementary School 552-3650
2540 Central Ave., Dbq 52001

Hempstead High School 552-5200
3715 Pennsylvania Ave., Dbq 52002

Holy Family Catholic Schools.... 582-5456
2005 Kane St., Dbq 52001
www.holyfamilydbq.org

Hoover Elementary School 552-3700
3259 St. Anne Dr., Dbq 52001

Irving Elementary School 552-3800
2520 Pennsylvania Ave., Dbq 52001

Jefferson Middle School 552-4700
1105 Althausen St., Dbq 52001

Kennedy Elementary School 552-3900
2135 Woodland Dr., Dbq 52002

LaSalle Catholic563-870-2405
835 Church St. Holy Cross 52053

Lincoln Elementary School..... 552-4050
555 Nevada St., Dbq 52001

Marshall Elementary School..... 552-4100
1450 Rhomberg Ave., Dbq 52001

Mazzuchelli Catholic Middle School 582-1198
2005 Kane St., Dbq 52001

Our Lady of Guadalupe Spanish Immersion Program..... 556-4194
2005 Kane St., Dbq 52001

Peosta Elementary School..... 588-9010
8522 Burds Rd., Peosta 52068

Prescott Elementary School..... 552-4200
1151 White St., Dbq 52001

Resurrection Elementary School
.....583-9488
4320 Asbury Rd., Dbq 52002

Sageville Elementary School..... 552-4300
12015 Sherrill Rd., Dbq 52002

Seton Catholic School.....563-556-5967
7597 Burds Rd., Peosta, IA 52068

Seton Catholic -Farley563-744-3290
210 2nd Ave. SE, Farley, IA 52046

St. Columbkille Elementary School 582-3532
1198 Rush St., Dbq 52003

St. Francis Xavier School....563-875-7376
203 2nd St. SW, Dyersville 52040

Table Mound Elementary School.....
.....552-4400
100 Tower Dr., Dbq 52003

Tri-State Christian School..... 231-3701
5025 Saratoga Rd., Dbq 52002
www.tscs.org

Wahlert Catholic High School.... 583-9771
2005 Kane St., Dbq 52001

Washington Middle School..... 552-4800
51 N. Grandview Ave., Dbq 52001

Western Dubuque High School
.....563-876-3442
302 5th Ave. SW, Epworth 52045

Western Dubuque School District563-744-3885
310 4th St. SW, Farley 52046
www.wdbqschools.org

SHOPPING

Bicycle World..... 556-6122
1072 Central Ave., Dbq 52001

Bike Shack 582-4381
3250 Dodge St., Dbq 52003

The Calico Bean Market 557-8159
352 Bluff St., Dbq 52001
www.calicobeanmarket.com

Carter's Children's Clothing 556-0362
2445 NW Arterial, Ste 100, Dbq 52002

Shopping • Sports/Recreation

Free Flight Bikes, Skis & Fitness
 582-4500
 5010 Wolff Rd., Dbq 52002
www.freeflightbikes.com

Koppes Kreations 563-451-3486
 E-mail: koppeskreations@yahoo.com
 • Sells cupcakes for all ages.

Lowe's of Dubuque 588-8008
 4100 Dodge St., Dbq 52003

Mural Inspirations Create It! 590-8404
www.muralinspirations.com
 • Offers mural paintings and paint parties.

River Lights Bookstore 2nd Edition
 556-4391
 1098 Main St., Dbq 52001
www.riverlights.com

Sam's Club 587-0576
 4400 Asbury Rd., Dbq 52002
www.samsclub.com

TOMY Outlet Store 563-875-5613
 2021 9th St. SE, Dyersville 52040
www.rc2corp.com
 • Offers innovative toys and die-cast collectibles,
 including farm toys, American Muscle vehicles,
 and Learning Curve Toys.

SPORTS/RECREATION

Adam's Dance Connection 845-9729
 4855 Asbury Rd., Ste 8, Dbq 52002
 E-mail: akiefferdance@yahoo.com

All Around Academy of Gymnastics
 587-9268
 4292 Dodge St., Dbq 52003

Almost Famous Dance, Cheer & Gymnastics 319-465-4111
 908 1st St. NW, Farley 52046
 231 Cedar St., Ste A, Monticello 52310
www.almostfamousdancestudio.com
 E-mail: office@almostfamousdancestudio.com
 • Offers dance for ages 3 to 18 and Mommy and Me for age 2.




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Sports/Recreation

Alpine Tennis & Fitness 556-1234
1090 Cedar Cross Rd., Dbq 52003
www.alpinetennisdbq.com

AYSO Region 419 564-4718
2615 Dodge St., Dbq 52003
www.ayso419.org

Ballroom by Jennifer 815-281-0430
2600 Dodge St. (Hwy 20), Dbq 52003
www.BallroombyJennifer.com

Bunker Hill Golf Course 589-4100
2200 Bunker Hill Rd., Dbq 52001
www.cityofdubuque.org/parks

Cascade Lanes 563-852-3133
1303 1st Ave. E., Cascade 52033

Cascade Swimming Pool 563-852-3842
405 2nd Ave. NE, Cascade 52033

Challenge to Change 542-1168
www.challengetochangeinc.com
• Offers yoga and art camps for kids.

Cherry Lanes 690-4823
Port of Dubuque, 301 Bell St., Dbq 52001

Cobra Lanes 563-744-3008
107 2nd St. NE, Farley 52046

Creslanes 583-9766
255 S. Main St., Dbq 52003

Derby Grange Golf & Recreation 556-4653
13079 Derby Grange Rd., Dbq 52002
www.derbygrangegolf.com
• Scenic driving range, 9-hole par 3, challenging miniature golf, 6 automatic batting cages, concession stand, and party pavilion.

Distinctively Dubuque 557-9049
• Offers free program for newcomers.

The Dream Center 845-7591
1600 White St., Dbq 52001
www.dubuquedreamcenter.com
• Offers community center with group activities and educational programming for youth.

Dubuque Area Swimmin' Hurricanes
..... 543-1105
P.O. Box 1062, Dbq 52004
www.teamdash.org
E-mail: coachdoug@teamdash.org

Dubuque Bicycle Club NA
P.O. Box 1746, Dbq 52004
www.dubuquebikeclub.org

Dubuque Bike Coop NA
2206 Central Ave., Dbq 52001
• Helps people with reasonable means get a bike.

Dubuque Community YMCA/YWCA
..... 556-3371
35 N. Booth St., Dbq 52001
www.dubuqueym.org
E-mail: info@dubuqueym.org
• Welcomes people of all ages, abilities, and backgrounds in programs to address youth development, domestic violence, seniors, social and economic needs, child care, and health and wellness. Financial assistance is available.

Dubuque County Conservation Board
..... 556-6745
13606 Swiss Valley Rd., Peosta 52068
www.dubuquecounty.org/Conservation
• Provides nature, conservation, and environmental programs in parks and at nature center.

Dubuque Driving Range 556-5420
10704 Rt. 52 N., Dbq 52001

Dubuque Dance Studio & Gymnastic Club
..... 556-1842
2612 University Ave., Dbq 52001
www.dbqdanceandgym.com
E-mail: dubuquedance@gmail.com
• Classes are offered in selected disciplines to students 18 months through adult, including tumbling, gymnastics, dance team, tap, ballet, jazz, pointe, parent-tot classes, and ballroom.

Dubuque Karate Club 583-8256
805 Century Dr., Dbq 52002

Dubuque Martial Arts Group 588-1012
3430 Dodge St., Dbq 52003
www.dubmag.com
E-mail: dubmag@aol.com
• Classes for adults and children. Gain confidence, self-control, and achieve self-defense skills; make new friends and have fun.

Sports/Recreation

Dubuque Pony League Baseball.....NA

P.O. Box 3318, Dbq 52004

www.dbqpony.org

E-mail: info@dbqpony.org

- Youth baseball league for ages 4-18 with games at Derby Grange Golf & Recreation and other sites. Anyone can play with open registration.

Dubuque Soccer ClubNA

P.O. Box 1873, Dbq 52004

www.dubuquesoccer.org

Dubuque Sports Complex..... 239-1127

12614 Nightengale Ln., Dbq 52003

www.dubuquesportscomplex.com

Dubuque Water Sports Club.....NA

P.O. Box 3377, Dbq 52004

www.dbqwsc.com

E-mail: dubuquewsc.info@gmail.com

Dubuque Wrestling Club 581-7741

www.dwcwrestling.com

E-mail: dwcwrestle@gmail.com

- Provides affordable, year-round training for wrestlers in the tri-state area.

Dubuque Youth Hockey

Association..... 585-1423

2736 Mineral St., Dbq 52001

www.dubuquehockey.org

Dyersville Aquatic Center ...563-875-8675

1300 Aquatic Dr., Dyersville 52040

- Zero-depth pool features 2 slides, a kiddie area, and sand volleyball.

Dyersville Karate Club.....563-923-5775

1110 16th Ave. SE, Dyersville 52040

Flora Pool..... 589-4246

2525 Green St., Dbq 52001

Heritage Trail 556-6745

www.dubuquecounty.org

- 26-mile all-season trail from Dubuque to Dyersville, passing through Graf, Durango, Epworth, and Farley. Available for walking, biking, cross-country skiing, and snowmobiling.

Mississippi Valley Running Association

P.O. Box 854, Dbq 52004

www.mvradubuque.com

Parks and Recreation, City of Dubuque

Leisure Services..... 589-4263

2200 Bunker Hill Rd., Dbq 52001

www.cityofdubuque.org/leisure-services

- Offers year-round and after-school activities for children and youth.

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2145 JFK Rd., Dubuque, Iowa ★ 563-588-1247 ★ www.ortpreschool.org

Sports/Recreation • Theatre Arts • Transportation Services

Moser's School of Dance & Gymnastics..

.....563-875-2846

1413 8th Ave. SE, Dyersville 52040

E-mail: dmoser@iowatelecom.net

- Classes available in tap, jazz, hip-hop, gymnastics, and ballet for boys and girls ages 2-1/2 through adult with beginner through elite levels. For recreation or competition with locations in Manchester, Dyersville, Independence, Monticello, Clermont, Elkader, Guttenberg, Edgewood, and Strawberry Point.

Peosta Community Center

556-8751
7896 Burds Rd., Peosta 52068

Springer's Martial Arts Academy582-1400

1880 Radford Rd., #1, Dbq 52002

- Offers karate classes for kids as young as 5 years. Children learn self-discipline, respect, goal-setting, and value of exercise. Improve attention span, focus, and self-confidence in a positive, friendly, and motivating classroom.

Studio 5678

582-3430
5540 Saratoga Rd., Dbq 52002

Sundown Mountain Resort

556-6676
16991 Asbury Rd., Dbq 52002

www.sundownmtn.com

- Offers 21 trails, 4 chairlifts, 2 ski carpets, 2 separate teaching areas with 1 especially designed for children, 100 teaching pros, rental department with the latest equipment, and lodge with healthy food and drinks. Parents can ski with children or enroll kids ages 4-11 in Kids Park, a high-energy creative 2-4 hour lesson that makes learning snow skills fun while teaching safety.

Sutton Pool

589-4247
1900 Hawthorne St., Dbq 52001

Total Fitness Recreation Center

.....563-875-2727

1110 16th Ave Ct. SE, Dyersville 52040

E-mail: totalfitness@dyersville.com

Vibe Dance Company

590-6417
3430 Dodge St. #3, Dbq 52003

West Side Gymnastics

583-8553
1003 Century Dr., Dbq 52002

Xtreme Dance

556-0538
1075 Cedar Cross Rd., Dbq 52003

www.xtremedancedbq.com

THEATRE ARTS

Bell Tower Theater.....

588-3377
2728 Asbury Rd., Dbq 52001

www.belltowertheater.net

E-mail: info@belltowertheater.net

- Provides high-quality programs offering entertainment and arts learning to kids of all ages.

Five Flags Ticket Office

589-4258
405 Main St., Dbq 52001

www.fiveflagscenter.com

- Offers opportunity to attend plays, concerts, and sporting events throughout the year. Call ticket office for more information on events.

Grand Opera House.....

588-4356
Box Office

588-1305
135 W. 8th St., Dbq 52001

www.thegrandoperahouse.com

E-mail: director@thegrandoperahouse.com

Rising Star Theatre Company....

581-0110
1310 White St., Dbq 52001

www.risingstartheatrecompany.com

Great Midwestern Educational Theatre

Company.....

542-5452
21700 Girl Scout Rd., Epworth 52045

www.storytellingschool.org

E-mail: frogwarts@gmail.com

University of Dubuque Heritage Center ...

.....585-7469

2255 Bennet St., Dbq 52001

TRANSPORTATION SERVICES

#1 Green Cab

495-4444
2705 Jackson St., Dbq 52001

A1 Taxi & Delivery Service

582-1818
www.a1taxidbq.com

Burlington Trailways

583-3397
950 Elm St., Dbq 52001

The Jule Public Transit.....

589-4196
Intermodal Transportation Center

3303, 950 Elm St., Dbq 52001

www.JuleTransit.org

- Students grades K-8 ride free. Students in high school and college ride free with school ID.

Volunteer Opportunities

Regional Transit Authority 588-4592

7600 Commerce Park, Dbq 52002

- Daily service in Dubuque for work, school, and child care; also available between Dubuque surrounding counties. Weekly service between Dubuque, Bellevue, and Maquoketa; monthly services between Dubuque and Iowa City. Call in advance to set up ride.

Starlight Taxi..... 556-6666

Uber ServiceNA

- Download app to find drivers.

VOLUNTEER OPPORTUNITIES TO WORK WITH CHILDREN

AmeriCorps..... 584-8644

1550 Clarke Dr., #1546, Dbq 52001

www.cityofdubuque.org/ameriCorps

Child Advocacy..... 582-6219

P.O. Box 80, Peosta 52068

childadvocacy.iowa.gov

- Offers Court Appointed Special Advocates Program and Foster Care Review Board.

Clare Cares 581-8921

Community Foundation of Greater Dubuque..... 588-2700

700 Locust St., Ste 195, Dbq 52001

www.dbqfoundation.org

Dubuque County Early

Childhood 588-1620

2310 Chaney Rd., Dbq 52001

www.dcearlychild.org

- Works collaboratively with the community to promote high-quality child care, health care, and family services for young children. Public is welcome to attend meetings and participate in activities. Many volunteer opportunities are available to serve on board of directors and committees plus volunteering for office work. Programs supported include preschool scholarships, family support services, health services for children and child care providers, and child care provider grants, mentoring, and professional development.

March of Dimes..... 563-323-6378

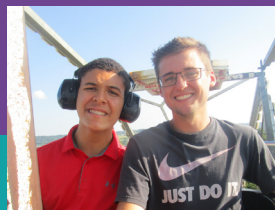


Various programs to
support children of all
abilities and their families.

Learn more at hillsdales.org

Hills & Dales is dedicated to building meaningful lives for individuals with disabilities by offering services that support the whole person and enhance community inclusion.

Dubuque, Iowa | 563-556-7878 | [f](https://www.facebook.com/hillsdales)@hillsdales



Volunteer Opportunities • Youth Activities & Attractions

Mentor Dubuque at Hillcrest Family Services 845-0768
 2005 Asbury Rd., Dbq 52001
www.hillcrest-fs.org
 • Caring volunteers matched with youth ages 5-15 to meet weekly or twice a month. Volunteers make a one-year commitment and maintain a consistent one-to-one relationship.

Resources Unite 231-6280
 1900 JFK Rd., Dbq 52001
www.resourcesunite.com

Special Spaces 580-3146
 P.O. Box 6, Peosta 52068
 • Creates dream bedrooms for children with life threatening illnesses.

Toys for Tots 590-3840
 432 Bluff St., Dbq 52001
www.dubuque-ia.toysfortots.org
 • Gathers donations for children in need.

United Way Services 588-1415
 215 W. 6th St., Dbq 52001
www.dbqunitedway.org

YOUTH ACTIVITIES & ATTRACTIONS

4-H 583-6496
 ISU Dubuque County Extension Office
 14858 W. Ridge Ln., Ste 2, Dbq 52003
www.extension.iastate.edu/dubuque
 • Kids in grades kindergarten through 12th can become a 4-H member with activities that challenge participants' skills and help them learn from others who care. 4-H has opportunities for volunteering, from being a local club leader to volunteering at the Iowa State Fair.

AMC Star Dubuque 14 582-7801
 2835 NW Arterial, Dbq 52002

American Lady Cruises 557-9700
 1630 E 16th St., Dbq 52001

AY McDonald Park
 Kerper Blvd. & Hawthorn St., Dbq 52002
 • Is an 8-acre park with fishing piers.

Becker Woodcarving Museum
563-875-2087
 15346 Becker Ln., Dyersville 52040

Boys/Girls Club of Greater Dubuque
585-0599
 1299 Locust St., Dbq 52001
www.boysgirlsclubdubuque.com
 • Provides kids in 1st-12th grades with a club that promotes health, education, social, and character development. Membership fee is \$10.00. Meals provided to members at 5 p.m. on Monday-Friday evenings and noon on Saturday.

Crystal Lake Cave, LLC 556-6451
 6684 Crystal Lake Cave Rd., Dbq 52003
www.crystallakecave.com
 E-mail: info@crystallakecave.com
 • Natural living cave with guided tours, gift shop, gem-mining sluice, picnic grounds.

Czipar's Apple Orchard 582-7476
 8610 Rt. 52 S., Dbq 52003

Dubuque Arboretum & Botanical Gardens556-2100
 3800 Arboretum Dr., Dbq 52001
www.dubuquearboretum.net

Dubuque Area Attraction Information
1-800-798-8844
www.americasriver.com
www.traveldubuque.com

Dubuque Area Youth Leadership Council (DAYLC) www.daylc.org

Dubuque by Carriage 580-0558
 E-mail: dbqbycarr@yahoo.com

Dubuque Chess Club
bjdarr@hotmail.com
 • Conducts casual games for all ages with free lessons and membership. Meets at the St. John's Episcopal Church.

Dubuque County Fair Association
588-1406
 14569 Old Highway Rd., Dbq 52002
www.dbqfair.com

Dyer-Botsford Doll Museum .563-875-2414
 331 1st Ave E, Dyersville 52040
 • Home of Dyersville's founder, a restored Victorian features a rare revolving German Feather Christmas tree, German ornaments, and a collection of over 1,200 dolls.

Youth Activities & Attractions

Eagle Point Park 589-4263
2601 Shiras Ave., Dbq 52001

E.B. Lyons Interpretive Center, Mines of Spain Recreation Area 556-0620

8991 Bellevue Heights, Dbq 52003

www.minesofspain.org

- Located on 1,439 acres of forest, savannas, wetland, creeks, cliffs, and tall grass prairies found throughout rugged terrain south of Dubuque. Features 12 hiking trails; 5 miles of cross country ski trails; educational and interpretive programs on area history and natural resources; Julien Dubuque Monument; canoe access; Horseshoe Bluff Interpretive Area; view of the Mississippi River; free field trips and youth presentation; and Interpretive Center/Visitor Center.

Fenelon Place Elevator 582-6496

512 Fenelon Pl., Dbq 52001

www.fenelonplaceelevator.com

Field of Dreams Movie Site, Inc.

.....1-888-875-8404

28995 Lansing Rd., Dyersville 52040

www.fodmoviesite.com

General Zebulon Pike 582-1204

Lock & Dam No. 11

3000 Volunteer Dr., Dbq 52001

Grand Harbor Resort & Waterpark

.....690-4000

350 Bell St., Dbq 52001

www.grandharborresort.com

- Has 193 guest rooms; 25,000 square feet of waterpark fun; and huge interactive game room. Collect tickets to redeem for prizes. Birthday party packages available each day waterpark is open.

Julien Dubuque Monument 556-0620

1810 Monument Dr., Dbq 52003

www.minesofspain.org

- Located at the Mines of Spain Recreation Area; listed on National Register of Historic Places.

Junior Achievement 845-0545

900 Jackson St., Dbq 52001

www.jaheartland.org

McAleece Park & Recreation Complex

Skateboard Park 589-4263

1801 Admiral Sheehy Dr., Chaplain Schmitt

Island Hwy 151/61 N., Dbq 52001

Mystique Ice Center 583-4949

1800 Admiral Sheehy Dr., Dbq 52001

www.MystiqueIceCenter.com

National Farm Toy Museum ..563-875-2727

1110 16th Ave. SE, Dyersville 52040

www.nationalfarmtoymuseum.com

E-mail: farmtoys@dyersville.com

- A small-scale adventure into the history of agriculture; explore farm toy collections, pedal tractors, dioramas, and unique exhibits on agriculture's history.

National Mississippi River Museum & Aquarium

..... 557-9545

350 E. Third St., Dbq 52001

www.rivermuseum.com

- Interactive activities for all ages.

Phoenix Theatres 556-0077

555 JFK Rd., Dbq 52001

Sky Tours at YMCA Union Park Camp

.....484-4248

11764 JFK Rd., Dbq 52001

- Features 9 high altitude zip lines.

Storybook Hill Children's Zoo.... 590-1019

12201 N. Cascade Rd., Dbq 52003

- Open June through Labor Day.

The New Vienna Heritage Museum.....

..... 563-921-3165

7396 Columbus St., New Vienna 52065

- A former convent, converted to a German Museum features 23 rooms of antiques, artifacts, and quilts. Handicap accessible.

Park and Recreation City of Dubuque

.....589-4263

1157 Central Ave., Dbq 52001

www.cityofdubuque.org/parks

- Year-round and after-school activities for youth and young adults. Activities available at no cost or low cost to people with limited income.

Youth Activities & Attractions

Swiss Valley Nature Center..... 556-6745

13606 Swiss Valley Rd., Peosta 52068

www.dubuquecounty.org

- Includes nature center with interpretive displays, live animal exhibits, library, and avian room for bird watching. Offers free programs on animals, wildlife, compost, geology, habitats, hiking/survival, hunter safety, bugs, Native Americans, trees, and watershed/pollution.

Trolleys of Dubuque, Inc. 552-2896

2728 Asbury Rd., Dbq 52001

www.trolleysofdbq.com

Vertical Jump Park 554-6583

555 JFK Rd., Dbq 52002

www.verticaljumpark.com/dubuque-iowa

Veterans Memorial Park & Miracle League Park of Dubuque..... 589-4263

2970 Miracle League Dr., Dbq 52001

- All-inclusive playground and baseball field providing children and adults of all abilities the chance to play alongside their peers.

YAPPERS 588-2700

700 Locust St., Ste 195, Dbq 52001

E-mail: yappers@dbqfoundation.org

- Area high school students work to address local youth needs. Meetings twice a month to engage in team-building activities, volunteering, fundraising, and granting money to non-profits.



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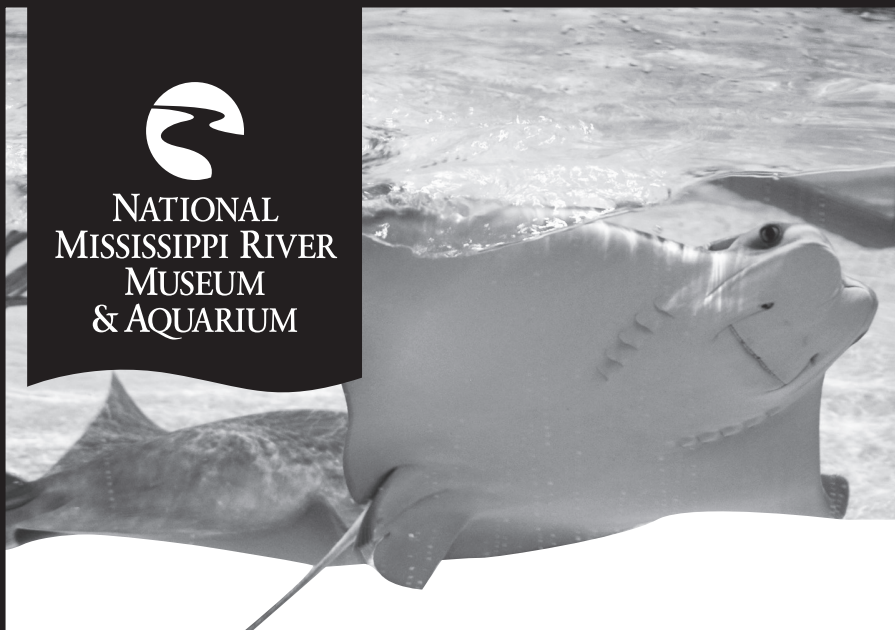
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